

Lesson 6.

Warming up. Balloons round in a circle.

Limbering. 1) Long sitt. legs apart, stretch body, alt. l. & r. long place. head on knee, one hd. rest'g. beneath head, other arm over head.

2) legs stretch. hand on instep, hand on matching ankle. Stretch & flex ankle.

3) Ankle flex'g. without help of hds. in long. sitt. pos.

4) Str. st. ankle flex'g. Push instep over big toe & back. Repeat 8.

Stall horse. 1) Swing leg back & front, bend'g & relax'g knee & leg front & kick'g back hard at the back.

2) Figure 8 with alt. feet. With rotation.

Exercise. Walk as on a springy carpet, feet close to ground, good ankle flexion. Progress to walk'g four steps, turning, 4 steps. Repeat.

Lesson 7.

Warming up.

Skipping in a circle. - so one may remove

1) Long sitt. feet apart & on partner's feet, bend & stretch.

2) Leg stretch'g. & ankle flex'g. 4 counts.

3) Stand pos. stretch arch of foot.

4) Swing'g leg backwards & forwards.

sideways & across body.

- 5) Shoulders pushing & pulling.
Hips pushing sidem.
- 6) Bending & stretching from side to side, bringing hips up first, head last.

Lesson 8.

Warming up.

- Three running, steps & hop. repeat.
- 1) Long. sitt. flat apart, legs & ankle bending & stretching.
- 2) Long sitt. ankle flexing.
- 3) Lying pos. on side with arm under head & one leg str. to balance, the other bent. Stretching up & over other foot & back.
- 4) Leg making figure of 8, reverse. Leg swinging sideways, front & side.
- 5) Shoulders pushing & pulling, shoulders rotating in circle. Chest pushing up & down & round in a circle.
- 6) Hips pushing sidem.
- 7) Bending from side to side, bringing hips up first, head last.
- 8) Clapping & walking in tempo.
Progression - walking in the first tempo, the second one being played.

Lesson 9.

Warming up.

4 slides rt.
4 " fwd.
4 " back.
4 " lt.

1. Sitt. with lt. at rt. pulling from shoulder & lifting arm from floor, as if the hand was tied to the ground.
2. Flexing & rotating the wrist.
3. The action of grasping & letting go an imaginary object from the hand.
4. Pulling a very soft imaginary web from the body, with a very light touch.
5. Pos. of hands, in holding different objects on head.
6. Pushing through a crowd, with extended tense hand & arm.

Lesson 10.

Warming up.

Three running steps, then hob.

Run, run, run. hob.

1. Figure of eight, hip movements.
2. Swinging hips & legs sidw. & back across the body & out to side
Hips lead.
3. Chest lifting & dropping in rotation.
4. Hips lift'g from. from sitt. kn. st. form. & relax.
5. Hand lift'g & drok'g. Hand rotation.
6. Side - stepping down floor, half turn

- on each step. Quicker tempo as advance.
7. Four spring steps, 4 steps to l. or r. then four spring steps.
 8. Four skipping steps, 4 steps to l. or r. then four skip steps.
 9. Partners - create 2 different tempos. No. 1, first, then No. 2, then No. 1 & 2, together.

Lesson 11.

Warming up.

Sliding steps to right. 3/4 time.
Quarter phrase to lt.

" " in.

" " out.

" " turn in O to right,

then to left, then in & turn in O,
hands raised above head & stamp on
last stamp.

1. Sitt. pos. lift A. w. sh. action, hand coming last & lower it. Repeat other arm.
2. Touching middle fingers in sitt. pos. w. sh. action, extend A. to r. & in to touch fingers again.
3. Transferring wt. from lft. to the other, hand extended back, palm up, sh. action, swing A. forward & back keeping palm face up. Repeat other arm.
4. Move hands to depict prefulness.
" " to show charm.
" " to show fertility.
" " to show shame.
5. Turn on spot, first one way, then the other.

Lesson 12.

Warming up.

- 1) Long sit. ft. lift'g from ground.
Roll on rt. side, then lt. side
support rt. elbow + touch ground,
then lt.
Repeat roll to rt., then bring legs
back + kneel up + sit down on
other side + swing legs to front.
Arms sweep to rt. + then stretch
over head + down on other side,
continuous rhythm.
- 2) Roll'g against wall to rt. left hip
lead'g + then lt. shoulder. Repeat
with rt. shoulder + then right hip.
- 3) Step, step, jump - ft. together
suspension on one foot - turning
out, then in (in succession)
Hip lead'g (rise on toes). Rt. foot
fall'g to lt. in twist. Left foot
fall'g in front of rt. ft.
Repeat in ○.
- 4) From one side of room to other,
run in semi-circle. Swing
front - little steps - light -
in + out - 10 side steps - turn
8 more running steps.
- 5) Run 6 steps, turn, on one hck,
then 7 running steps.
- 6) Horizontal lines $\frac{2}{3}$ time ($\frac{2}{3}$)
+ times with partners.

Lesson 13.

Warming up.

Slip 3 hops into centre of O, stick, 3 hops out. Stick 6 to lt. repeat steps & hops into O. Then stick to st.

- 1) Rolling on hips to lt. swing legs to lt. & back. Kneeling up, swing arms from lt. to st., sit down to the lt. with lt. on st. Then out in front. Repeat, rolling to st.
- 2) Join hands in rows, count 'g in 2's i's making - bouncing up & down 1-5. Knees bent, hips from, body in str. line. Repeat 2's making.
- 3) Rolling in place, instead against wall, 2 to lt. st. hip leading & then st. shoulder. lt. shoulder back, followed by lt. hip. Repeat, lt. hip leading.
- 4) 2 lines on each side of room. 6 running steps, turn, 6 more steps. 6 running steps, turn back on 1, run next 4 steps.
- 5) In O facing st., stick lt. across then st. pinch together, st. leg swing from & hips lead. Suspension - repeat. st. leg across.
- 6) Circle.
Jump - 2 ft. together, then take off from whole of ft., left hip off.

Lesson 14.

Warming up.

3/4 step lt. rt. leap lt. repeat.

- 1) Sit on floor - lean back resting on hd. legs stiff & a ft. above ground. Roll on hips, lt. then rt.
- 2) Sit with both ft. to lt. lean to lt. scooping up from lt. kneel up - lt. arms over head - sit down, both legs to rt. as arms are lowered.
- 3) Review of turns - stepping, beginning to rt. with rt. ft. right, lt. right stamp. lt. rt. lt. st. & repeat using A. rt. A. out. lt. A. in.
- 4) Turning - rt. ft. turned out - lt. ft. turned in across st. 2. then rt. out 3. repeat to lt. using A. out at shoulder level.
- 5) Stepping both A. lt. then rt. then lt. using rt. as turn (3 steps) repeat turning to lt. only making turn into a leap turn.
- 6) 4 steps from 2 steps turning to rt. 4 from. repeat using A. A. out stepping in ①, moving from length of room.
- 7) Lie on floor on back. A. over head moving to lt. Pull rt. hip over, keep shoulders low on floor & pull shoulders over with rt. shoulder. Repeat - change fully to rt.

- pull'g with lt. hip & then lt. shoulder.
- 9) Repeat ly'g on back, shoulder first, then hip.
 - 10) Figure 8 with hips - weight on rt. ft. left leg to side & behind, shift weight to lt. ft. swing hip back, then forward - shift wt. to rt. , foot swings hip back & then frow. repeat rhythmically.

Lesson 15.

Warming up -

- 8 glsk to rt. & to lt.
- 7 skips to centre - 4 mt. Repeat.
- 1) Pelvic turns & sit'g to lt. in lesson before.
- 2) Mt. on lt. ft. push across chest with lt. hand, shifting mt. to rt. ft. push lt. then rt. - then 3 step turn. Repeat, pushing to lt. first.
- 3) Repeat 5, 6, 7, lesson before.
- 4) Create composition to $\frac{1}{2}$ jump, step turn, hop, different combinations.
- 5) Demonstrate vertical lines with partners to $\frac{1}{2}$ turn & measures.

Lesson 16

Warming up

$\frac{3}{4}$ time - ① - hop twice rt. swing'g
lt. leg across, hop lt. twice,
swing'g rt. leg across, hop twice
on rt. leg, lt. leg lifted in
reach position. ② - hop lt. twice
with rt. leg in reach pos. Take
last 2 steps making a ① to rt. in place.

Lesson 17

Warming up

step, step, double hop,

Repeat using arm movements.

Review techniques and turns.

January 21.

Lesson 1.

Warming up.

$\frac{1}{4}$ time.

Step st. lt. jump.

Zig-zag formation

Arms + body leaning in direction
feet are going.

- 1) In rows across the room - feet apart,
hips + chest movement across body.
First to one side then the other,
followed by turn.

Shake back out.

- 2) Turning in place, mt. on st. ft.
Knee bent - lift up left heel,
step, push (push off with
left toe.)

- 3) Knee standing - slow falling to st.
mt. on lt. - hands swinging
around in front of body - falling
to st. side with body following.
Repeat.

Sitting up - contraction - in
middle pulling knees up to chin.

Knurling - then stand - 1, 2, 3.

- 4) Turn - step st. turn lt. step st.
Repeat in opposite direction.
On turn, pull shoulder in until
hands meet.

- 5) Steps - 3 steps to st. with arm
movements - followed by duck head



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